



# CITY OF NASHUA

## Division of Public Health & Community Services

18 MULBERRY STREET • NASHUA, NH • 03060



## Weekly Update - May 14, 2021

Dear Community Partners,

As the chief public health strategist for the Greater Nashua Public Health Region (GNPHR), the Nashua Division of Public Health and Community Services (DPHCS) will continue to send weekly updates to inform our community on the current status of the rapidly evolving COVID-19 situation, the response efforts by the City of Nashua and Greater Nashua Public Health Network (GNPHN), and any additional updates related to the health and safety of our community.

### COVID-19 Data Update

We continue to experience substantial community level transmission of COVID-19 in the City of Nashua. Substantial community level transmission is determined by two metrics established in conjunction with the State of New Hampshire Department of Health and Human Services (DHHS) and the Centers for Disease Control and Prevention (CDC). When one of the metrics exceeds the set threshold, a community is designated as "RED" or substantial. Currently we are exceeding the thresholds set on one metric: new infections per 100k.

## COVID-19 DATA METRICS

Updated: 5/14/2021

### CITY OF NASHUA

Total Cases to Date: 7,940

Active Cases: 112

New Infections per 100k: **214.9**

7-Day Total Test Positivity Rate: **5.0%**



### GREATER NASHUA

Total Cases to Date: 17,619

Active Cases: 211

Level of Community Transmission:  
**SUBSTANTIAL**

**Total Cases:** All confirmed or probable COVID-19 cases, either active or recovered.

**Active Case:** A case that is currently sick or in isolation due to COVID-19.

**New Infections per 100k:** Number of new cases within 14 days standardized by population size to compare across groups. This shows how quickly disease is occurring in the community or the incidence of disease.

**7-Day Total Test Positivity Rate:** Number of PCR and Antigen tests that are positive compared to the number of PCR and Antigen tests that are negative over the past 7 days. A rising positivity rate indicates a rising number of infections in the community.

Public health officials are strongly urging everyone to **stay home if you are sick** (except to get medical care), avoid social gatherings, maintain physical distancing of six feet or more, wear face coverings, and wash your hands frequently.

## FDA Approves Emergency Use of Pfizer COVID-19 Vaccine for 12 - 15 Year Olds

On Monday May 10th, the United States (U.S.) Food and Drug

Administration (FDA) authorized Pfizer's COVID-19 vaccine for emergency use authorization (EUA) in adolescents 12 to 15 years old. The move comes after the agency's team of scientists and officers reviewed data from Pfizer's clinical trials in adolescents and found the benefits of the vaccine outweigh the risks in that age group. The vaccine was already authorized for those 16 years and older.



The CDC's Advisory Committee on Immunization Practices (ACIP)

- the panel of public health and medical experts responsible for making vaccine recommendations - approved the recommendation of the vaccine for this age group on Wednesday, May 12th.

### **How safe and effective is the vaccine in adolescents?**

The FDA is expected to post more data from the clinical trials soon, but Pfizer released preliminary results from its Phase 3 trial in adolescents back in late March.

Some highlights, according to [Pfizer's release](#), include:

- The trial included 2,260 children between the ages of 12 to 15 years old in the U.S., about half of whom got Pfizer's COVID-19 vaccine, the other half who received a placebo.
- There were 18 cases of COVID-19 in the placebo group and none in the vaccinated group (100% efficacy).
- Vaccine side effects were about the same as those seen in people 16 years of age and older.

### **How important is the COVID-19 vaccine for adolescents?**

Children are less likely to get seriously sick or die from COVID-19, but they are still at risk for getting (and spreading) the virus that causes it. As more adults get vaccinated, children make up an increasingly larger proportion of COVID-19 cases in the U.S. [Nearly a quarter](#) of all U.S. COVID cases reported last week were in children.

In the press release announcing the expanded EUA authorization, the FDA noted that "approximately 1.5 million COVID-19 cases in individuals 11 to 17 years of age have been reported" to the CDC since March 2020. Vaccinating adolescents, especially before summer camps or in-person schooling in the fall, will almost certainly help communities in their fight to curb the pandemic.

### **How can adolescents 12 to 15 years old get the COVID-19 vaccine?**

Adolescents 12 years of age or older can currently get the COVID-19 vaccine in New Hampshire (NH), regardless of where they live. Appointments can be scheduled through the [state's registration system](#).

There are many ways to schedule your 12 to 15 year old to receive the Pfizer BioNTech COVID-19 vaccine, which is the only vaccine currently approved for individuals aged 12 to 18. These options include:

- State-run vaccine sites or those open to the public
- Health care providers and hospitals
- School clinics organized by NH regional public health clinics
- Pharmacies such as CVS and Walgreens

For New Hampshire state-run sites or sites that are open to the public, appointments can be scheduled through the [state's registration system](#). Please select the vaccine site that works best for you.

It's important to note that the CDC [recommends](#) COVID-19 vaccines *not* be given within 14 days before or after other vaccines. **If you have an adolescent in your household who needs to get (or get caught up) on routine vaccinations like those against meningococcal disease, cancer-causing HPV, and whooping cough, be sure to call your child's doctor about when and how to get them up to date.**

We strongly encourage you to protect your child, your family, and your community from COVID-19 infection and illness by getting your child vaccinated!

Summary courtesy of [Vaccinateyourfamily.org](#)

## **Nashua DPHCS holds final Mass Vaccine Clinic at Fidelity in Merrimack!**

On Wednesday, May 12th, we completed our sixth and final COVID-19 vaccine clinic

in partnership with Fidelity Investments. The City of Nashua would like to extend our utmost gratitude to Fidelity Investments for their partnership and collaboration to provide opportunities for our community to be vaccinated. Fidelity representatives, associates, and the company as a whole, have been dedicated to supporting public health in our efforts to vaccinate individuals against COVID-19.

Recognizing the importance of vaccination in order to get back to a “new normal”, Fidelity provided the opportunity and inspiration for the clinics, as well as the design, procurement, and set-up of the incredible venue. Located on their beautiful Merrimack campus, this structure provides over 10,000 square feet of covered space. Fidelity Cares coordinated the recruitment and scheduling of Fidelity Associates that volunteered to assist with clinic set-up and to work each of the clinics, to the tune of around 40 volunteers per clinic shift. Without them these clinics would not have been possible. In addition, Fidelity provided meals and refreshments for clinic staff during all clinics and during clinic set-up days and donated their unused PPE to Nashua Public Health for future use.



In collaboration with Fidelity and our amazing staff and volunteers, we were able to administer over 8,000 doses of the COVID-19 vaccine and fully vaccinate over 4,000 members of our community. At our final clinic with Fidelity, we were joined by the City of Nashua Mayor, Jim Donchess, to recognize Fidelity for their remarkable dedication, outstanding support, and unwavering commitment to the health and safety of the Greater Nashua Community.

## Upcoming COVID-19 Vaccine Clinics

### GOOD NEWS! COVID-19 VACCINES ARE HERE FACTS ABOUT THE VACCINE



- COVID-19 vaccines are safe and effective.
- The vaccines can not give you COVID-19.
- The vaccines are free - you do not need health insurance.
- Scientists have been researching similar vaccines for years which allowed for faster creation and distribution of the COVID-19 vaccine.

### WANT TO GET VACCINATED?

Greater Nashua Public Health is holding COVID-19 Vaccine Clinics!

#### WHEN?

Every Friday in May  
9am to 4pm

#### WHERE?

Temple Beth Abraham  
(4 Raymond St., Nashua, NH 03064)

Individuals must be 18 years of age or older. These clinics are administering the single-dose Janssen (Johnson & Johnson) vaccine.

To schedule an appointment, register at:  
<http://bit.ly/GNPH-COVID-VaccineClinics>

**TOGETHER, WE CAN SAVE LIVES!**

[NashuaNH.gov/DPHCS](http://NashuaNH.gov/DPHCS)

603-589-3456

NEW HAMPSHIRE DEPARTMENT OF HEALTH AND  
HUMAN SERVICES & ELLIOT HEALTH SYSTEM



## COVID-19

**FREE VACCINATION CLINIC  
FOR DEAF AND  
HARD OF HEARING**

**SATURDAY MAY 22nd  
8AM - 4PM**

**ELLIOT HEALTH SYSTEM  
275 MAMMOTH ROAD  
MANCHESTER, NH**

#### WHAT YOU NEED TO KNOW WHO CAN GET ANYONE DEAF OR HARD OF HEARING, THEIR FAMILY MEMBERS AND CARETAKERS

DO I HAVE TO LIVE IN NH TO GET THE  
VACCINE? NO

AGE: AGES 18 AND OVER (12 AND OVER  
PENDING ACIP RECOMMENDATIONS)

WHICH VACCINE? PFIZER

DO I NEED TO REGISTER? IN ORDER TO  
HAVE ENOUGH VACCINES PLEASE CALL, VP  
OR EMAIL WITH THE NAME AND BIRTHDAY  
OF ANYONE GETTING THE VACCINE. WE  
WILL GIVE YOU AN APPOINTMENT TIME.

WHAT DO I BRING WITH ME? YOUR ID  
(IF YOU HAVE ONE)

WHEN WILL WE GET THE SECOND PFIZER  
DOSE? SATURDAY JUNE 12, 2021

**PLEASE CONTACT US BY  
MAY 19TH FOR  
APPOINTMENT TIME**

**(603) 546-7882 VideoPhone  
(603) 271-9097 Voice  
Email:  
equityvaccine@dhhs.nh.gov**

ASL INTERPRETERS WILL BE PROVIDED



## Asthma and Allergy Awareness Month - Do you Have a Plan?

Join us this May as we  
recognize Asthma and Allergy  
Awareness Month.

This chronic condition is so common, that even if you don't have it yourself, you probably know someone who does. Health care providers and patients have many tools for managing asthma, but keeping the disease under control can still be challenging.

May Is **ASTHMA & ALLERGY**  
Awareness Month

31 days of action for the  
over 65 million people  
in the U.S. affected  
by asthma and allergies

[aafa.org](http://aafa.org)



Asthma symptoms result from inflammation, or swelling, that narrows the airways and makes them more sensitive than usual. The most common symptoms are coughing, wheezing, chest tightness and shortness of breath. These symptoms can be brought on by triggers such as tobacco smoke, dust, chemicals, and pollen which may worsen the inflammation of the airways. For many, the change in seasons - with more allergens in the environment - can increase wheezing, chest tightness, shortness of breath, coughing, or severe asthma attacks.

Here are three things that the [National Heart, Lung, and Blood Institute's Learn More Breathe Better](#) program wants you to know about asthma:

1. **Asthma is a serious lung disease.** While symptoms can range from mild to severe, a person can die during an asthma attack. That is why it's important for someone with the condition, as well as his or her family members, to know how to manage particular symptoms and when to get emergency medical help.
2. **Asthma doesn't go away, and it can't be cured.** Once a person develops asthma, he or she is likely to have it for a lifetime. In other words, children rarely outgrow asthma. Even when symptoms aren't present, the condition is still there and can flare up at any time.
3. **Asthma can be managed.** Like diabetes and high blood pressure, asthma takes ongoing monitoring and management to keep it under control. Managing the disease effectively means working closely with a health care provider, taking medications as prescribed, avoiding asthma triggers like exposure to allergens, poor air quality, or tobacco smoke, and watching for any changes in symptoms. These steps can help anyone with asthma gain – and keep – control of his or her health.

In case you or someone in your family suffers from asthma, writing down the asthma action plan is essential. An asthma action plan offers clear-cut guidelines to the family members and caregivers of the asthma patient. The action plan contains information about what actions to take in case of asthma attack. Make sure that the action plan is kept in a visible place. Also, it's important to give copies of the action plan to other adults who look after your children or senior parents. [Learn how to use an Asthma Action Plan by watching this short video!](#)

For more information check out this [Asthma and Allergy Fact Sheet](#). Share to spread the word!

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## Capturing the Emerging Issues of Community and Public Health

**Thursday,  
June 17, 2021  
8:30 am - 4:00 pm ET**

**Virtual Webinar**

PROVIDED BY:



**CONTINUING NURSING EDUCATION**  
Committed to Advancing the Practice of Nursing

### Importance Warning of Fraudulent Food Inspectors in NH, including Nashua

The New Hampshire (NH) Department of Health and Human Services (DHHS) Division of Public Health Services (DPHS), Food Protection Section is advising restaurant owners and operators to be on the alert for callers misrepresenting themselves as NH food inspectors.

"We have been notified of complaints from concerned restaurant owners from various regions of the State who have received calls from someone posing as a health inspector and, in at least one instance, asking for an inspection fee," said DPHS Interim Director Patricia Tilley. "The fraudulent inspector may attempt to schedule an inspection at the restaurant or threaten to impose fines if they do not schedule an appointment. Our food protection inspectors conduct unannounced inspections and would not be calling to schedule appointments for routine inspections. They also do not threaten enforcement actions or ask for confidential information or money over the phone."

Health officials conducting restaurant inspections will always have proper photo identification from the State of NH or local municipality. Food service establishments are advised to never provide confidential information or payments over the phone.

Fraudulent Food Inspectors have been reported by food service establishments in the City of Nashua, mostly amongst businesses whom their primary language is Spanish. The [City of Nashua Environmental Health Department](#) only accepts payments at our main office or online, and cannot accept payments at restaurants or in the field. Most routine inspections are not scheduled, but are unannounced. Environmental Health Department representatives will always have City-issued identification badges and identify themselves as Environmental Health Department representatives.

Restaurant owners and operators are advised to immediately report any suspicious or fraudulent calls to local law enforcement officials. In the City of Nashua, please call 603-589-4530. If you have any questions or concerns, contact the DHHS Food Protection Section at 603-271-4589. You can also call the NH Department of Justice Consumer Protection Hotline at 1-888-468-4454 between 9am-3pm.

**Get Tested for Hepatitis next Wednesday, May 19th!**



The month of May is designated as Hepatitis Awareness Month, and May 19th is Hepatitis Testing Day. Although each type of viral hepatitis is caused by a different virus and is spread in different ways, they all affect the liver and can cause serious health problems.

Learn the ABCs of viral hepatitis and what you can do to raise awareness of hepatitis A, hepatitis B, and hepatitis C [from the CDC](#). You can also check out our [2020 Community Health Assessment](#) for hepatitis data and trends in the Greater Nashua Region.

The Nashua DPHCS offers hepatitis C testing every Wednesday from 10am to 12pm at the Nashua Public Library, every Thursday from 5 to 7pm at Lamprey Health Care, and every Friday from 1:30 to 3:30pm at Laton House in Nashua. [Learn more and view our full mobile outreach schedule here](#).

## EQUITY CORNER: Project Health Equality

Hologic Inc., a medical technology company focused on women's health, is investing \$20-million dollars in a partnership with Black Women's Health Imperative, the National Alliance for Hispanic Health, and RAD-AID to address racial disparities that exist for women in the U.S. healthcare system.



Project Health Equity (PHE) will focus on improving access to care, increasing awareness and education, and conducting race-specific research. This effort is designed to create culturally competent care and improve public policy for Black and Hispanic women to get health care services they need. "Our goal is to end the disconnect between the care Black and Hispanic women receive and the care they should receive," said Karleen Oberton, Hologic's chief financial officer. "Project Health Equity is about doing the big, bold work necessary to create equity in the here and now that can reverberate across women's lives and society for generations to come." Black and Hispanic women face significant healthcare barriers in the United States. Black women are 40 percent more likely to die from breast cancer, and twice as likely as white women to die from cervical cancer. They experience three times the number of fibroids as other racial groups. In addition, Hispanic women are 40 percent more likely to receive a cervical cancer diagnosis, and they are 20 percent more likely to die from the disease.

To address this situation, Hologic and RAD-AID plan to partner with Federally Qualified Health Care Centers, local community health clinics, and tertiary care institutions to deliver state-of-the-art care – from screenings to treatment – to women in underserved areas. Hologic has a long history of improving healthcare services for women, however their focus is to making actionable change for women in racial minority groups with collaboration, said company leaders.

"We cannot reach the goals of PHE without partnering with other effective organizations whose values, vision, and expertise complement our own, and who have unique insights into these communities," said Meg Eckenroad, Hologic's vice president of women's health. "Our ongoing partnerships with the Black Women's Health Imperative, the National Alliance for Hispanic Health, and RAD-AID will be critical to our success."

To learn more, visit: <https://www.hologic.com/ProjectHealthEquality>. The Nashua DPHCS continues to host vaccination clinics in the Greater Nashua Region. For information, call our hotline at 603-589-3456.

## The Sun is Shining - Protect Your Skin!

UV exposure is the most preventable risk factor for skin cancer.

### Do you use skin protection?

The American Academy of Dermatology is encouraging you to practice safe sun every time you are outdoors. Seek shade, wear protective clothing, and use a broad-spectrum, water-resistant sunscreen with SPF 30+ to reduce your risk.

Sunscreen is safe and can protect your skin against skin cancer and premature aging. However, it is not as effective unless it's applied correctly. [Learn how to effectively apply sunscreen here.](#)

**SAY YES TO SUN PROTECTION SAY NO TO SKIN CANCER**

**SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.**  
ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.

**THERE ARE TWO TYPES OF SUNSCREENS:**

- PHYSICAL SUNSCREEN**  
This sunscreen **WORKS LIKE A SHIELD**; it sits on the surface of your skin, reflecting the sun's rays.  
Look for the active ingredients: **ZINC OXIDE** and/or **TITANIUM DIOXIDE**.  
Opt for this sunscreen if you have **SENSITIVE SKIN**.
- CHEMICAL SUNSCREEN**  
This sunscreen **WORKS AS A SPONGE**, absorbing the sun's rays.  
Look for one or more of the following active ingredients: **OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE** and **OCTINOXATE**.  
This formulation tends to be **EASIER TO RUB INTO** the skin without leaving a white residue.

**SEEKING SHADE**  
**WEARING PROTECTIVE CLOTHING**  
**GENEROUSLY APPLYING SUNSCREEN**

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's **BROAD-SPECTRUM, WATER-RESISTANT** and has an **SPF 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS**, or after swimming or sweating.

**SPOT SKIN CANCER**  
If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at [SpotSkinCancer.org](http://SpotSkinCancer.org).

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## Additional Resources

### Nashua COVID-19 Hotline: 603-589-3456

New Hampshire COVID-19 Website

Nashua COVID-19 Website

Greater Nashua Data  
Dashboard

CDC COVID-19 Website  
(English)

CDC COVID-19 Website (Spanish)

### Upcoming Events

#### SSANA

May 17, 10 a.m. - 12 p.m.  
Between Temple St. & Cottage St., Nashua

#### Harbor Care COVID-19 Testing Clinic

May 17, 3 - 6 p.m.  
(45 High St., Nashua)  
By Appointment: 603-821-7788

#### DPHCS COVID-19 Testing Clinic

May 18, 3 - 4:30 p.m.  
Elm Street Parking Garage  
By Appointment: [Register Here](#)

#### Immunizations, Child Lead Testing

May 18, 3:30 - 5 p.m.  
Elm St. Middle School Front Parking Lot  
(117 Elm St., Nashua)

#### Immunizations, STD/HIV/HCV Testing

May 19, 10 a.m. - 12 p.m.  
Nashua Public Library



Vaccination Information

Food Resources

## WE WELCOME:

ALL **Races and Ethnicities**  
ALL **Countries of Origin**  
ALL **Religions**  
ALL **Sexual Orientations**  
ALL **Gender Identities**  
ALL **Abilities and Disabilities**  
ALL **Spoken Languages**

WE STAND HERE WITH YOU.  
YOU ARE SAFE HERE.

Content adapted from the original 'We Welcome' sign created by IPHC members Lisa Mangum and Jason Levian.

(2 Court St., Nashua)

### SSANA

May 19, 2 - 4 p.m.  
(29 Temple St., Nashua)

### STD/HIV/HCV Testing

May 20, 5 - 7 p.m.  
Lamprey Health Care  
(22 Prospect St., Nashua)  
By Appointment: [Register Here](#)

### STD/HIV/HCV Testing

May 21, 1:30 - 3:30 p.m.  
Laton House  
(28 Railroad Sq., Nashua)

**PLEASE NOTE:** COVID-19 vaccines are NOT offered at our mobile immunization clinics listed in this section. For information about getting vaccinated against COVID-19, please visit [vaccines.nh.gov](https://vaccines.nh.gov) or call 2-1-1.

[Full DPHCS Mobile Outreach Schedule](#)



**WE'RE ON AIR** 


**PUBLIC HEALTH RADIO HOUR**  
ALL THE THINGS YOU WANT TO KNOW AND SOME YOU DON'T.

TUNE IN WEEKLY TO WSMN RADIO 1590 AM AND 95.3 FM  
FRIDAYS 10 - 11 AM

**WE'RE ON TV!**

 **Public Health Matters**

**WATCH IT HERE** 

 **NEW HAMPSHIRE  
PUBLIC HEALTH  
ASSOCIATION**

Improving Health, Preventing Disease, Reducing Costs for All

The New Hampshire Public Health Association (NHPHA) supports science based public health policy and has a goal of informing citizenry of changes

ESAR - VHP, MRC, CERT, NHDART, MMRS, DBHRT

**NH RESPONDS**

New Hampshire Emergency System for Advance  
Registration of Volunteer Health Professionals

**NHResponds** is the system used pre-register health and general volunteers who have are interested in responding in an emergency. Whether you are a



needed in the laws and government in order to improve public health. They track bills and attend hearings on public health issues. Subscribe to the "Health in All Policies" E-News on their [website](#).

healthcare provider, administrative specialist, a retired professional - anyone ready to help in your community - New Hampshire needs you. Check it out!

**City of Nashua Division of Public Health and Community Services**  
*Greater Nashua Public Health Network*  
(603) 589-4500  
[www.nashuanh.gov/DPHCS](http://www.nashuanh.gov/DPHCS)

**STAY CONNECTED!**

